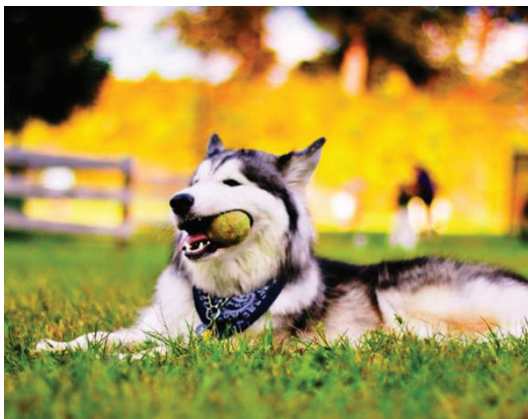




Howard County

RECREATION & PARKS



2017 Spring/Summer Adult Classes & Activities

www.howardcountymd.gov/rap



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APP



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General Information

How to Register

- On-line: www.howardcountymd.gov/rap
- Phone: 410-313-7275 (voice/relay)
(8 AM-4:30 PM, M-F)
- Fax: 410-313-4660
- Mail: Howard County Recreation & Parks
7120 Oakland Mills Road
Columbia, MD 21046
- Walk-in: Howard County Recreation & Parks
7120 Oakland Mills Road, Columbia
(8 AM-4:30 PM, M-F)
- Gary J. Arthur Community Center
2400 Rte. 97, Cooksville
(8 AM-8 PM, M-Sa; 9 AM-5 PM, Su)
- North Laurel Community Center
9411 Whiskey Bottom Road, Laurel
(8 AM-8 PM, M-Sa; 9 AM-5 PM, Su)
- Robinson Nature Center
6692 Cedar Lane, Columbia
(9 AM-5 PM, W-Sa; Noon-5 PM, Su)
- Roger Carter Community Center
3000 Milltowne Drive, Ellicott City
(7 AM-10 PM, M-Sa; 7 AM-9 PM, Su)

Refund Policy

We recognize that you may wish to withdraw for a variety of reasons, but our policy encourages early decisions so as to not affect other customers or our ability to efficiently deliver the programs. At a minimum, all refund requests are subject to a 20% administrative fee. Additional fees may be assessed to recover costs associated with the program. Class programs require at least two weeks' advance notice of withdrawal to avoid the additional fees. Trip refunds may reflect pre-paid admissions; but the option to transfer your ticket may be considered. Competitive sport program time frame for refunds reflects planning time and team selections; check refund details on website. There are no refunds for missed sessions.

Inclement Weather

Howard County Recreation & Parks strives to operate regardless of weather (canceling is our last resort). Some activities are outdoors, in parks. Please consider the weather before attending a class. To check the status of your program, please call our Program Status Line at 410-313-4451.

Payment Information

Include payment with your registration form – a check or money order payable to the Howard County Director of Finance, or credit card information. (We accept American Express, Discover, MasterCard and VISA.) Please sign the waiver on your receipt and bring it to the first session.



Join us while we beautify Ellicott City through Earth Day Clean Up.

Special Events & Family Activities

April

Public Star Parties

Come enjoy the night sky through telescopes set up by The Howard Astronomical League (HAL). At this relaxed, casual, family event, view live images on a big screen as seen through the Watson Telescope in HAL's new observatory. Info/weather updates: www.howardastro.org or 410-313-4372. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

All ages Alpha Ridge Pk

RP0830.301	Apr 8	6-11pm	Sa	Free
RP0830.302	May 6	6-11pm	Sa	Free
RP0830.303	Jun 3	6-11pm	Sa	Free
RP0830.304	Jul 29	6-11pm	Sa	Free
RP0830.305	Aug 26	6-11pm	Sa	Free

Crafts with a Past flickr

We invite you to participate in a selection of authentic, Colonial-era activities. The Chesapeake Region Lace Makers Guild returns to share their knowledge of the delicate and intricate art of lace making. Also, test your calligraphy skills with a nib pen and ink, try reading hand-written letters of the time, observe candle making, and blend dried herbs and flowers to make your own scent sachet to take home. Learn from docents why these skills were relevant in the Colonial Era. Info: Jaimie Wilder, 410-313-0419 or jwilder@howardcountymd.gov.

All ages Thomas Isaac Log Cabin

Apr 15	10am-4pm	Sa	Free
May 13	10am-4pm	Sa	Free
Jun 3	10am-4pm	Sa	Free

NEW! Tea and Trivia

You don't have to be in a pub to get your trivia fix! Step back in time and enjoy a traditional Victorian high tea while you test your knowledge of facts that are steeped in history. A selection of delectable tea sweets and savories accompany a bottomless pot of tea. Grab your friends, or make some new ones to compete for prizes and bragging rights! After tea, take a self-guided tour of the stabilized ruins of Ellicott City's renowned Victorian girls' school. This is one history lesson you will not want to miss! Call for dietary concerns and any other questions: Jaimie Wilder, 410-313-0419 or jwilder@howardcountymd.gov

12 yrs + Classes:1 Patapsco Female Institute

RP0909.301	Apr 20	6-8pm	Th	\$25
RP0909.302	May 11	6-8pm	Th	\$25

Earth Day Clean Up

Celebrate Earth Day this year by lending a hand to help by pick-up litter along the tree lines and streets of Historic Ellicott City. Meet at the Roger Carter Community Center for a continental breakfast. We provide gloves, bags and an event t-shirt for volunteers. Please register by April 14, all are welcome! Registration/Info: 410-313-2764.

2 yrs + Roger Carter Comm Ctr

RP5400.304	Apr 23	7:30-10:30am	Su	Free
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Mark your calendars! Wine in the Woods is May 20 & 21.

Community Yard Sale at NLCC **flickr**

Clean out your basements, closets and garages and haul it down to the North Laurel Community Center for a day of selling and buying. Reservations required on a first-come, first-served basis. This is a rain or shine event. Registration/Info: Jill Reese, 301-356-6816 or GSyardsale@thereese.com.

\$15 per space; Free for shoppers

All ages N Laurel Comm Ctr Apr 29 8 AM-noon Sa

May

Spring Flea Market at GJACC **flickr**

Get started on your spring cleaning! Clean out those basements, closets, and garages and haul it down to the Gary J. Arthur Community Center for a fun day of selling and buying. Space available on a first-come, first-served basis. Reservations required in advance. Info: 410-313-4840.

18 yrs + \$20 per space; \$10 for 6' table; Free for shoppers

RP4141.301 Gary J Arthur Comm Ctr May 6
9am-noon Sa

Wine in the Woods **flickr**

Join us for the 25th year and celebrate the charm and character of an event that has aged to perfection! Wine in the Woods is now the largest wine festival in Maryland and was voted Best Festival in Howard County. Sample a variety of Maryland's finest wineries from a souvenir glass; purchase food from an abundance of high quality, distinctive restaurants and caterers; sharpen your palate by attending wine education seminars; purchase exceptional works of art and specialty crafts; and revel in continuous live entertainment. Ask about our designated driver program. As wine is being served at this festival, the target audience for this event is 21 years and over. While we welcome all patrons, this is not intended as an event for children. To purchase advance tickets, volunteer or for more details, visit www.wineinthewoods.com. Once purchased, the tickets are non-refundable and cannot be exchanged. Event is held rain or shine. Info: 410-313-1668.

Symphony Woods (by Merriweather Post Pavilion)

Wine Taster	May 20	11am-6pm	Sa	
				\$32 in advance; \$40 at gate
Wine Taster	May 21	11am-5pm	Su	
				\$27 in advance; \$35 at gate
Designated Driver	May 20	11am-6pm	Sa	\$25
Designated Driver	May 21	11am-5pm	Su	\$20
Youth, 3-20 yrs	May 20	11am-6pm	Sa	\$25
Youth, 3-20 yrs	May 21	11am-5pm	Su	\$20

National Road Yard Sale at Roger Carter

The Historic National Yard & Sidewalk Sale is the area's longest continuous sale. From downtown Baltimore to St. Louis, this sale runs for 284 miles. Join Roger Carter and other community members as we participate in a fun day of selling and buying. Space available on a first-come, first-served basis. Registration/Info: Montrez Brown, 410-313-2764 or mjbrown@howardcountymd.gov.

18 yrs + \$15 per space; Free for shoppers

RP5400.303 Roger Carter Comm Ctr May 27
9am-noon Sa \$15



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June

Birthday Bash

Come celebrate the North Laurel Community Center's 6th anniversary with a variety of events. Enjoy sports, crafts, music, snowballs, and birthday cake. Info: 410-313-0459.
All ages Jun 2 N Laurel Comm Ctr 6-8pm F Free

Roger Carter's 4th Anniversary Celebration

Come celebrate the Roger Carter Community Center's 4th anniversary with a variety of events including crafts, music, snowballs, and birthday cake. Info: 410-313-2764.
All ages Roger Carter Comm Ctr
Jun 10 2-4pm Sa Free

July

Sunset Serenades & Traveling Bands Summer Concert Series

www.howardcountymd.gov/sunsetserenades

Howard County's July 4th Festival & Fireworks **flickr**

Join Howard Countians at the 4th of July annual Festival and Fireworks celebration. The event features live entertainment. Bring a picnic or purchase food from on-site vendors. Parking is free. Visit www.howardcountymd.gov/rap after June 1 for activities schedule. Info: Phil Bryan, 410-313-1668.
[Columbia Lakefront](#)
Jul 4 (rain date Jul 5, fireworks only) 5-10pm Free
Fireworks at dark (weather permitting)

Solar Fest **flickr**

Howard County Recreation & Parks is teaming up with the Howard Astronomical League for a fun evening of science, engineering, arts, crafts, games, astronomy and much more. Enjoy the many vendors providing interactive and dynamic STEAM activities for all to enjoy. Bring the whole family and enjoy fun for all ages. Preregistration is required, space is limited. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.
[Alpha Ridge Pk](#)
RP0829.401 5-11 yrs Jul 8 6:30-9:30pm Sa \$5



Fun for the whole family - Rockburn Car Show celebrates classics and modified cars.

August

National Night Out **flickr**

Come join family, friends and neighbors for the 34th annual National Night Out, celebrated for the fourth year at the North Laurel Community Center. Evening is designed to increase awareness of crime and drug prevention, generate support for local anti-crime programs and strengthen neighborhood spirit and police-community partnerships. Event features a live concert, HC Police Department displays and much more! Info: 410-313-0390.
[N Laurel Comm Ctr](#)
All ages Aug 1 6:30-8:30pm Tu Free

Rockburn Open Car Show **flickr**

Come celebrate the beauty of classic, antique, hot rods, and modified cars. Everyone finds great enjoyment in viewing the cars on display. Food is available for purchase. Info: Shawnté Berry, 410-313-4624.
[All ages Rockburn Branch Pk Aug 19 10 AM-2pm Sa](#)
RP4099.401 Car Entries: \$10, preregister; \$15, on-site registration
RP4099.402 Car Flea Market Vendor: \$25, preregister; \$30, on-site registration
RP4099.403 Car Sales: \$20, preregister; \$30, on-site registration

Adults (18 yrs +)

Classes & Activities

Cooking

NEW! Chinese Cooking Basics with Chef Mark Waitsman

Tired of that greasy, Chinese, carry-out food? Learn some tasty recipes that you and the whole family can make together at home with ease. On the menu are Chinese Meat Egg Rolls, Chinese Duck Sauce, a Quick Vegetable Stir-fry with Garlic Brown Sauce, and Perfect Stove-top Jasmine Rice. This class is a must for the Chinese Food Fans! \$20 materials fee due at class. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + Mt. Hebron HS

RP0502.301 Apr 19 6:30-9pm W \$24

NEW! Cajun Favorites with Chef Mark Waitsman

The quintessential New Orleans meal includes Chicken, Shrimp and Andouille Gumbo, Perfect Cajun Rice, Cajun Baguette, and a secret recipe for Cajun Seasoning Mix. You don't have to travel to The Big Easy to eat authentic New Orleans quality dishes. \$20 materials fee due at class. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + Mt. Hebron HS

RP0501.301 Apr 26 6:30-9pm W \$24

Indian Vegetarian Cooking with Chef Ravi Lahori

Join in on a journey of an excellent Indian meal with the all-time favorite vegetable samosas served with mint and tamarind chutneys followed by a classic preparation of Vegetable Makhani (mixed veggies in a butter cream sauce) served with Cumin Pulao. Top off the meal with a vermicelli and saffron pudding with vanilla ice cream. \$20 materials fee due at class. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + Hammond HS

RP0510.301 May 10 6:30-9pm W \$29



You'll never order carry-out again after taking Chinese Cooking Basics with Chef Mark Waitsman.

NEW! Taste of Thailand with Chef Ravi Lahori

Join Chef Ravi to create some of the most popular dishes in Thai cuisine, a spicy shrimp tom yum soup, followed by a Thai cashew stir fry served with Thai sticky rice and the ever-popular Mango sticky rice pudding. \$22 materials fee due at class. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov

18 yrs + Hammond HS

RP0511.401 Jun 7 6:30-9pm W \$29

NEW! Best of Asian Cuisine with Chef Ravi Lahori

Join Chef Ravi as he recreates the most popular dishes from India-Sabudana vada (tapioca cutlets with curry leaves and peanuts) served with a mint chutney. The night includes China-Shrimp spring roll, Thailand-chicken in lime and coconut sauce and Indonesia- Veggie Nasi Goreng. \$22 materials fee due at class. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + Arc of Howard County

RP0512.401 Jul 5 6:30-9pm W \$29

Foundation Sauces with Chef Ravi Lahori

Create your own favorite dishes within minutes by getting to the three basic and popular sauces in Indian cuisine: brown masala (onion sauce), Makhani sauce (tomato butter cream) and Khorma sauce (almond sauce). These base sauces open new doors to easy Indian meals. This is a hands-on cooking class. \$20 materials fee due at class. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + Arc of Howard County

RP0514.401 Aug 16 6:30-9pm W \$29



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Crafts & Fine Arts

Drawing & Painting

Adult Art Camp with Ann Wiker

Why should kids have all the fun? This is your chance to experience different media and to receive individualized instruction on long-term projects. Media to consider include acrylics, watercolor, oil paint, pastels, charcoal, and collage. Come motivated or inspiration can be provided. Supply list: www.howardcountymd.gov/craftsandfinearts. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + Classes: 5 N Laurel Comm Ctr

RP0217.401 Jun 5 9:30am-12:30pm M-F \$115

NEW! Art Lecture:

Art with a Message

Explore how artists throughout history have used visual imagery to raise attention for political and cultural issues. Picasso's *Guernica* was his first politically-charged painting. The painting was created in response to the bombing of *Guernica* (a Basque Country village in Spain) by German and Italian warplanes during the Spanish Civil War. Dada was an art movement born out of negative reaction to the horrors of World War I. There are many examples of using visual art as a means of protest. (A few included the following. The *Guerilla Girls* are an anonymous group of feminist, female artists devoted to fighting sexism and racism within the art world. *Object Orange* is an artistic project in Detroit, Michigan which seeks to draw attention to dilapidated buildings by painting them orange.) Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + N Laurel Comm Ctr

RP0210.301 May 15 10am-noon M \$25

NEW! Four Different Ways to Start a Painting

In this one-day workshop, artists try four different ways to approach a painting. No need to paint the same way every time. Using oil or acrylics, enjoy a fun-filled day of painting small paintings in each of four techniques. Bring an image that you love enough to paint four times. Recommended that participants have painting experience. Supply list: www.howardcountymd.gov/craftsandfinearts. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + River Hill HS

RP0207.301 May 6 9am-4pm Sa \$70



Experience different media at a painting class.

NEW! The Estrogen Effect: Women in Art History

Explore famous female artists and their contributions to the direction of art history. Louise Élisabeth Vigée Le Brun was a French painter, and is recognized as the most important female painter of the 18th century. Berthe Morisot was described as one of *les trois grandes dames* of Impressionism alongside Marie Bracquemond and Mary Cassatt. Female artists have been involved in making art in most times and places. Many art forms dominated by women have been historically dismissed as craft, instead of being considered fine art. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + N Laurel Comm Ctr

RP0209.301 May 8 10am-noon M \$25

NEW! Modern Medical Analysis of Famous Artist

Many artists have met the challenges of mental and physical illness and continued to produce artwork. For some, their art is their therapy. Explore modern diagnosis of famous artists and discover how artists coped with their impairments. (Vincent van Gogh and Jackson Pollock suffered from depression and alcoholism. Frida Kahlo contracted polio at age six. Dale Chihuly was blinded in one eye and had to re-learn his glass-making art. Henri de Toulouse-Lautrec suffered from congenital health conditions.) Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + N Laurel Comm Ctr

RP0208.301 May 8 1-3pm M \$25



Come learn how to crochet or knit with Anna Tai.

Oils & Acrylic Painting with Nancy Davis

Working in oil or acrylics, learn how to build a painting through drawing, color and paint application. Beginning and intermediate painters, work at your own level with individual instruction and group discussion. Learn to paint and design a successful painting. New concepts are introduced weekly, working to build a strong painting foundation. Supply list: www.howardcountymd.gov/craftsandfinearts. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + Classes: 6 River Hill HS
RP0206.301 Apr 19 7-9pm W \$115

Oil Painting Studio with Ann Wiker

All levels welcome! Beginners, learn the basics of oil painting: prepping the canvas, mixing colors, brush techniques, composition and light and shadow. Intermediate painters, review color mixing and composition and choosing subject matter. Advanced painters, receive individualized instruction based on your ability level. Don't be intimidated, it's fun! Materials list: www.howardcountymd.gov/craftsandfinearts. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + Classes: 6 N Laurel Comm Ctr
RP0211.301 Apr 14 9:30-11:30am F \$99

NEW! Painting Butterflies & Flowers in Oil and Acrylic with Brenda Kidera

Celebrate spring by learning how to paint butterflies and flowers. Painting techniques, color mixing, composition and more are covered through step-by-step instruction and demonstrations. Brief knowledge of painting in your medium is helpful. \$8 materials fee due at first class. Materials list: www.howardcountymd.gov/craftsandfinearts. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + Classes: 5 Gary J Arthur Comm Ctr
RP0201.301 Apr 28 9:30am-12:30pm F \$135

NEW! Painting Rocks & Water in Watercolor with Brenda Kidera

Working step by step, learn how to paint a river scene with rocks, trees and water. Bring your own art supplies. Elementary knowledge of watercolor is necessary. Step-by-step instruction and demonstrations. \$12 materials fee due at first class. Materials list: www.howardcountymd.gov/craftsandfinearts. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + Classes: 6 Gary J Arthur Comm Ctr
RP0202.301 Apr 18 9:30am-12:30pm Tu \$165

Knitting & Crocheting

Crochet 1 with Anna Tai

Learn stitches, crochet in the square and the round, pattern reading for beginners and beyond. Learn the many aspects of wearable crochet -- drape, yarn selection, shaping. Project choices are a scarf, hat, wrap, bag or tank top. Materials list: www.howardcountymd.gov/craftsandfinearts. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + Classes: 3 Oakland Mills HS
RP0802.301 Apr 20 7-9pm Th \$47

Knit 1 with Anna Tai

Experience the joy of knitting. Learn to cast on, the knit and purl stitches, cast off, adjust tension, and correct mistakes. Combine garter and stockinette stitch patterns and make your first scarf. Materials list: www.howardcountymd.gov/craftsandfinearts. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + Classes: 3 Oakland Mills HS
RP0801.301 Apr 19 7-9pm W \$47

Photography

Basic Digital Photography with John Guion

Designed for someone who wants to become better versed in fundamental concepts, this “one-size-fits-all” class covers the basic features, whether yours is a compact digital camera, an interchangeable lens compact camera or a single lens reflex camera. Learn about the features common to all three of those basic camera designs (image size settings, image quality controls, how to change them, using the camera’s creative modes and not just relying on the automatic setting). Discuss downloading photos to a computer and accessories you may want to consider such as a tripod or monopod. Bring your camera and manual to class. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + Classes: 6 Roger Carter Comm Ctr
RP0216.301 Apr 12 7-9pm W \$100

Hands-On Photography: Catching People

Practice photographing one of our favorite subjects: people. Shoot inside and out to catch individuals and groups and capture what they look like. Learn how to handle subjects as well as cameras. Bring your digital camera, even bring a subject. Learn why not to say, “Smile.” Shoot, review your shots, and try out various angles and zooms. Solve color balance and silhouettes from backlighting. Info: Danielle Bassett at 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + Classes: 4 N Laurel Comm Ctr
RP0212.301 Apr 20 7-9pm Th \$72

Pick, Secure and Share Your Best Shots

Bring in your favorite photos and your near and far misses. Together, share your photos, how they inspire your shooting, and how you can protect your memories from catastrophes -- whether computer or nature calamities. Bring your laptop or borrow one from the instructor for a \$10 lab fee. For more information, contact Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + Classes: 2 Roger Carter Comm Ctr
RP0214.301 Jun 8 7-9pm Th \$40

Shoot Spring On Our Photo Walk

Catch the colors and changes of spring in our choice of neighborhood as we walk, search, see and shoot. Learn and apply tools for using zoom and exposure, depth of field, close-up macros and wide-angle panoramas. Develop the power of applying exposure compensation. Then review your shots to discover more opportunities. Bring your digital camera and your enthusiasm. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + Classes: 2 Centennial Pk
RP0213.301 May 13 10am-noon Sa \$36

Dance

Ballroom

Couples Salsa Dance with Mo & Barb Dutterer

This class makes you a star at your next event! Just back from the Caribbean and Puerto Rico, Mo and Barb have brought with them many new Salsa moves for you to master. We cover Salsa, Merengue, Tango, and Cha Cha in this class. Continue learning a steady progression of moves each week. Grab your partner and join in the fun. New and returning students welcomed. Info: Karen Bradley Ehler, 410-313-4635 or kehler@howardcountymd.gov.

18 yrs + Classes: 6 Roger Carter Comm Ctr
RP1119.301 Apr 18 8:30-9:30pm Tu \$95

Ballroom Dance Basics with Jim & Lucy

This “Social Dance Survival” class equips you with dance routines adaptable to a variety of dance musical styles commonly played at weddings and parties, including smooth jazz, foxtrot, slower big band, romantic songs, and traditional waltz. In the last two weeks, enjoy a two-week sampling of Swing dance steps. We look forward to planting in you the desire and the confidence to get out of your seats and head to the dance floor at parties, weddings, or anywhere you hear dance music playing! Singles as well as couples welcome; do not wear sneakers. Info: Karen Bradley Ehler, 410-313-4635 or kehler@howardcountymd.gov.

18 yrs + Classes: 8 Roger Carter Comm Ctr
RP1106.301 Apr 5 7:05-8:05pm W \$75

18 yrs + Classes: 6 Roger Carter Comm Ctr
RP1106.401 Jul 14 8:25-9:25pm F \$57



Grab a partner and learn how to salsa with Jim and Lucy.

Next Step with Jim & Lucy: West Coast & Triple Step

This Next Step class is designed for those who have taken more than one class in the last five years in both Triple-Step (East Coast) and West Coast Swing, and/or are experienced with leading and following the basic steps in both swing styles. Improve your footwork technique in foundational steps and learn new mini-routines for each of these dances, including eight-count variations. Classes emphasize learning to execute smooth leads and follows. Couples only; wear shoes appropriate for ballroom dancing. Info: Karen Bradley Ehler, 410-313-4635, kehl@howardcountymd.gov

18 yrs + Classes: 6 Roger Carter Comm Ctr
RP1102.301 Jul 14 7:10-8:10pm F \$112

Next Step with Jim and Lucy: Tango and Salsa

This Next Step class is designed for those who have taken classes in the last five years in both Ballroom Tango and Salsa, and/or are experienced with leading and following the basic steps in both these dances. In the first week, review basic steps in Tango, then add to your Tango repertoire in weeks two to four. On the fifth night, review basic Salsa steps, then learn new Salsa routines, including turn variations, during the last three weeks. Classes emphasize learning to execute smooth leads and follows. Couples only; do not wear sneakers. Info: Karen Bradley Ehler, 410-313-4635 or kehl@howardcountymd.gov.

18 yrs + Classes: 8 Atholton ES
RP1105.301 Apr 21 7:15-8:15pm F \$149

Ballroom Sampler:

Swing & Foxtrot with Jim & Lucy

This beginner Social Dance class introduces you to two Swing styles, as well as a sampling of classic Foxtrot steps. Learn to step in sync with Big Band songs, as well as Oldies, Motown, and Rock-n-Roll. While you learn steps, develop your lead or follow skills so important for successful partnering on a dance floor. After completing the class, we hope you feel confident saying "yes" to invitations to dance at weddings, office parties, and other social events. Singles as well as couples welcome; do not wear sneakers. Info: Karen Bradley Ehler, 410-313-4635 or kehl@howardcountymd.gov.

18 yrs + Classes: 8 Roger Carter Comm Ctr
RP1107.301 Apr 5 8:20-9:20pm W \$75

Ballroom Sampler: Swing & Quickstep with Jim & Lucy

This popular class provides a sampling of the unique character and joys of Big Band Swing and lively Quickstep. The first four weeks focus on Single-Step Swing (suited to faster music), and the last four weeks on Quickstep (a Line-Of-Dance style). Master the foundational steps of each dance style, understand lead and follow, and become ready to take your dancing onto any dance floor. Each class reviews the basic techniques and foot patterns learned the week before, and then teaches one or two new steps. Couples only; do not wear sneakers. Info: Karen Bradley Ehler, 410-313-4635 or kehl@howardcountymd.gov.

18 yrs + Classes: 8 Atholton ES
RP1104.301 Apr 21 8:30-9:30pm F \$149

Dance Movement

Adult Beginner Ballet with Cecilia Ituarte

Adults with little or no previous ballet training, learn basic ballet exercises with an emphasis on body alignment and musicality while developing a strong core. Info: Karen Bradley Ehler, 410-313-4635 or kehl@howardcountymd.gov.

18 yrs + Classes: 8 Misako Ballet Studio

RP1129.301 Apr 19 7:30-8:30pm Th \$78

Contemporary Modern Dance for Beginners

Dance in an adult class designed for all levels. Begin with an invigorating warm-up, practice dance steps and learn different choreography each week. Class combines modern, ballet and jazz techniques to provide you with an enjoyable introduction to dancing and a relaxing workout. No experience necessary. Please wear clothes that are comfortable to move and stretch in, such as leggings or sweat pants with an exercise top or cotton t-shirt. No shoes required, but you may wear ballet or jazz shoes. Info: Karen Bradley Ehler, 410-313-4635 or kehl@howardcountymd.gov.

18 yrs + Classes: 8 Misako Ballet Studio

RP1128.301 Apr 17 7:15-8:15pm M \$80

Hip Hop Dance with Nysia Carter

Enjoy a fusion of styles that includes hip-hop, funk, street, and high-energy jazz. Warm up with the latest hip-hop rhythm that transitions into a larger choreographed piece prepared to meet your level and dance experience. This style of dance provides high-energy, low-impact aerobics, and calorie burning effects as you dance to the popular hits of today and yesterday. Beginners are welcome! Wear jazz or gym shoes, no street shoes allowed. Info: Karen Bradley Ehler, 410-313-4635 or kehl@howardcountymd.gov.

18 yrs + Classes: 8 N Laurel Comm Ctr

RP1123.301 Apr 10 6-7pm M \$78

Lyrical Dance with Nysia Carter

Lyrical is a dance style that expresses feeling through a mixture of ballet and jazz. This class, set to ballads from Whitney Houston, Adele, Phil Collins, and more, helps you increase your flexibility, core strength, and body control. If you ever admired a dancer's body, come learn the movements to obtain one. Info: Karen Bradley Ehler, 410-313-4635 or kehl@howardcountymd.gov.

18 yrs + Classes: 8 N Laurel Comm Ctr

RP1124.301 Apr 10 7:30-8:30pm M \$78

International

Bollywood Dance

with Jaya Mathur **flickr**

Trained in Indian Classical Dance, Jaya Mathur introduces you to this energetic dance style that originated in Indian films. Techniques include hand, feet and body movements and an overall sense of rhythm. Wear comfortable clothing and shoes and bring a bottle of water. Get ready for a great workout while learning an art form! Info: Karen Bradley Ehler, 410-313-4635 or kehl@howardcountymd.gov.

18 yrs + Classes: 6 Harper's Choice MS

RP1108.301 Apr 25 7:30-8:30pm Tu \$65

Line Dance

Line Dance

with Mo & Barb Dutterer

Want to exercise to music, burn calories, and have fun all at the same time? Join our line dance class, which welcomes all levels of dancers. We teach new dances each week and review every dance previously taught. Learn the latest dances and the old standbys while dancing to a variety of music: Latin, pop, country, jazz, and rock. By the end of this 6-week session, have many fabulous, fun dances in your dance bag! Info: Karen Bradley Ehler, 410-313-4635 or kehl@howardcountymd.gov.

18 yrs + Classes: 6 Roger Carter Comm Ctr

RP1118.301 Apr 18 7:15-8:15pm Tu \$56



flickr



HoCoParks
APP



Spring is here, grab your bike and let Larry Black show you how to get it ready for the season.

Lifelong Learning

Blacksmithing

Introduction to Blacksmithing

Tools, nails, and everyday items blacksmiths made the objects that built early American communities. Explore the art of shaping metal using heat and force. Over the course of this two day, 12-hour introductory blacksmithing workshop, watch demonstrations by one of the few local master blacksmiths and make your own iron-forged tool using traditional methods. Strike while the iron is hot; you won't want to miss this chance to forge your own piece of history! Bring a reusable water bottle, lunch and a snack. Info: Jaimie Wilder jwilder@howardcountymd.gov or 410-313-0419

16 yrs + Living Farm Heritage Museum Classes: 2

RP9989.301 Apr 29 9am-3pm Su,Sa \$160

RP9989.302 Jun 10 9am-3pm Su,Sa \$160

RP9989.303 Aug 26 9am-3pm Su,Sa \$160

Do It Yourself

Bike Maintenance with Larry Black

Learn everything you need to know about maintaining and repairing your bike. Learn about on-the-road fixes, overhauls, wheel building, and how to negotiate the best price for repairs. Tools and some practice bikes are provided; bring your own bike to get hands-on experience. Optional manual is \$25 at class.

Info: Karen Bradley Ehler, 410-313-4635 or kebler@howardcountymd.gov.

18 yrs + Classes: 4 Gary J Arthur Comm Ctr

RP3409.301 Apr 19 7-9pm W \$99

Finance

Financial Fitness

for Women with Fran Makino

This is a basic, personal finance class. Learn about cash, stocks, bonds, IRAs, and how 401Ks/403Bs/TSPs work and how best to invest them. Come discuss basic types of insurances and what is needed. Work on investment strategies. Questions are welcomed. Info: Karen Bradley Ehler, 410-313-4635 or kebler@howardcountymd.gov.

18 yrs + Classes: 3 River Hill HS

RP3410.301 Apr 19 7-9pm W \$45

Foreign Languages &

Computer Technology Everyday

Spanish II with Cecilia Redmond

Join our interactive class. Learn some of the most used verbs and their basic regular conjugation. Gain comprehension of simple conversations using those verbs. Everyday Spanish I is recommended as a foundation but not required. Bring a binder for vocabulary handouts and helpful grammar sheets. Info: Karen Bradley Ehler, 410-313-4635 or kebler@howardcountymd.gov.

18 yrs + Classes: 6 Ellicott Mills MS

RP3404.301 Apr 6 7-8:30pm Th \$65

Hablemos Español? Conversational

Spanish with Cecilia Redmond

Enjoy a different topic of conversation for each class.

A vocabulary list is provided. Instructor starts with English/Spanish directions; by the third class you are totally immersed. Have fun communicating with classmates only in Spanish. Pronunciation and grammatical errors are addressed by native speaker instructor. Info: Karen Bradley Ehler, 410-313-4635 or kebler@howardcountymd.gov.

18 yrs + Classes: 5 Ellicott Mills MS

RP3403.301 Apr 3 7-8pm M \$55

Technology and You

with David Bailey

Gain a basic understanding of technology and its impact on your daily life. Learn about various browser and email options, mobile smart phone apps, how to sync your devices, security tips, and more. Bring your smart phone, laptop or tablet to class. Info: Karen Bradley Ehler, 410-313-4635 or kebler@howardcountymd.gov.

18 yrs + Classes: 6 N Laurel Comm Ctr

RP3415.301 Apr 19 7:30-8:30pm W \$75

Paranormal

Belmont Investigation & Ghost Tour

Join the Inspired Ghost Tracking team as they guide you on a tour of the Manor, grounds and cemetery (weather permitting). Participate in an actual paranormal investigation and visit areas where paranormal activity has been suspected. Investigators from IGT will use EMFs, data recorders, and temperature sensors to search for paranormal activity. Bring your own flashlights and dress appropriately for the weather. Registration/Info: 410-313-0200.

18 yrs + Belmont

RP9901.401 Jul 21 7:30-10:30pm F \$25

Double Murder Investigation

Learn about how the Inspired Ghost Tracking team helped solve the mystery of a double murder by investigating a haunted private residence in Maryland. The mediums and members of the team used scientific instruments to help prove the identities of the ghosts and victims of the crime. Info: 410-313-0200.

18 yrs + Belmont

RP9905.301 May 2 7:30-9pm Tu \$15

Meet the Friendly Ghosts of Belmont Manor

Belmont Manor is home to a number of benign ghosts who have not crossed over. As a precursor to the Belmont Investigation & Ghost Tour, this talk goes over the experiences and findings from the Inspired Ghost Tracking team and others as they discuss results from their investigations at Belmont Manor. Sign up for this and the Ghost Tour to get the full experience! Info: www.belmontmanormd.org or 410-313-0200.

18 yrs + Belmont

RP9908.401 Jul 18 7:30-9pm Tu \$15

Pets and the Afterlife

Learn how some pets have the ability to send signals to the living, and may wait for us in the hereafter. Rob Gutro, Author of *Pets and the Afterlife*, shares scientific studies that prove our pets have emotions and personalities. He identifies the signs they give us and the science behind why living pets can sense entities. Info: 410-313-0200.

18 yrs + Belmont

RP9904.301 Mar 28 7:30-9pm Tu \$15

Recognizing Signs from Loved Ones

If you have lost someone you loved, Rob Gutro, Author/Medium/Scientist explains how to look for signs from the other side to prove that our loved ones are still around us. Learn how the logical mind dismisses signs from spirits and how spirits use electronics, nature, look-a-likes, and scents to communicate with us. Registration/Info: 410-313-0200.

18 yrs + Belmont

RP9903.301 Mar 14 7:30-9pm Tu \$15

RP9903.401 Jun 27 7:30-9pm Tu \$15

Pet Instruction

Dog Obedience

Who's in charge, you or your dog? Turn Rover into a well-behaved companion. Dog must be older than four months old with current shots. Instructor advises about leash and collar. Please bring dog on a 6-foot leash, no retractable leashes allowed. Bring plastic bag and scoop. Class appropriate for any size dog. Info: Karen Bradley Ehler, 410-313-4635 or kehlher@howardcountymd.gov.

16 yrs + Instructor: Darryll A Buschling Classes: 6 \$69

RP3407.301 Schooley Mill Pk Apr 17 6:30-7:30pm M

16 yrs + Instructor: Mariann Hein Classes: 6 \$69

RP3407.302 Dunloggin MS Apr 27 7-8pm Th

Dog Park Manners with Darryll Ann Buschling

Having trouble at the dog park? Is your dog nervous, aggressive, or does not listen when it's time to go? This is a great class for socializing and becoming acquainted with the dog park. We start with basic dog obedience and work up to socializing and experiencing the dog park. Please bring a 6-foot leash; no retractable leashes allowed. Bring plastic bag and scoop. Class appropriate for any size dog. Info: Karen Bradley Ehler, 410-313-4635 or kehlher@howardcountymd.gov.

16 yrs + Worthington Pk

RP3408.301 Apr 8 11am-2pm Sa \$25

RP3408.302 May 13 11am-2pm Sa \$25



flickr



HoCoParks
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Come put your stories to ink and paper with Mark Stubenberg.

Wellness

Intro to Ayurveda with Lenny Bernstein

During this five-week course, you're challenged to uncover your unique physical and mental constitution and learn how to use the tools of this ancient wisdom. As a guide to discovering your true self, Ayurveda is the Sanskrit word that means the Science of Life. Ayurveda was derived from the Vedic scriptures of India which seek to harmonize the body, mind, and spirit in order for the individual to more fully know their true nature. Through the study of the principles of Ayurveda, understand the cause and effect relationship of consciousness and matter. Info: Karen Bradley Ehler, 410-313-4635 or kehler@howardcountymd.gov.

18 yrs + Classes: 5 N Laurel Comm Ctr
RP3402.301 Apr 19 7-8:15pm W \$75

Writing

Becoming an Author with Amy Brooks

Have you ever felt called to write a book? Now is your chance to go from idea to manuscript in less than 90 days. Author and writing coach Amy Brooks guides you through an easy process that transforms your book dreams into a reality. With her expertise, Amy helps you navigate the challenges that stop most first-time authors before they get started. Don't wait for the "perfect" time;

start your book now and step into your new role as an author. It's time to share your story with the world!

Required materials: notebook, pen, laptop computer (optional). Info: Karen Bradley Ehler, 410-313-4635 or kehler@howardcountymd.gov.

18 yrs + Classes: 4 N Laurel Comm Ctr
RP3422.301 Apr 4 7-8pm Tu \$125

Creative Writing Workshop with Mark Stubenberg

Do you enjoy creative fiction writing and want to expand your talent and skill? Evaluate your strengths and weaknesses through instructor and peer review of your own original work. Receive instruction on effective techniques for improving your prose and/or poetry. From short stories, to essays, blogs, and poetry, show off your skills and learn about the procedures and opportunities to publish your work. Get your own work submitted for publication by the end of class. All levels welcome. Bring samples of your work if you have any and a 3-ring binder. \$10 materials fee due at first class. Info: Karen Bradley Ehler, 410-313-4635 or kehler@howardcountymd.gov.

18 yrs + Classes: 8
RP3417.301 Hammond HS Apr 20 7-9pm Th \$85

Signed, Sealed, Delivered—A Calligraphy Workshop

Are you looking to add a distinctive element to your wedding, special event or craft project? Spend an afternoon learning the basics of the ancient art of calligraphy and how to add a timeless and personal touch to your invitations, place cards or thank you notes. Discover the history of this writing form, read samples of old hand-written letters with plenty of time to try it out for yourself. We provide calligraphy pens, ink and an assortment of stationary to practice the basics of script technique for numbers and letters. You will leave the workshop with samples of place cards and invitation envelopes of your own design. Continue your unique style of this writing crafts at home with our calligraphy kits. Kits include calligraphy pen with interchangeable nibs and a collection of paper types. Info: Jaimie Wilder, 410-313-0419 or jwilder@howardcountymd.gov

16 yrs + Ellicott City Colored School Restored
RP9975.304 Apr 14 6-8pm F \$40

Slam Poetry Workshop with Mark Stubenberg

Interested in the exciting world of slam poetry? Eager to sharpen your poetry writing skills and learn the poetry performance techniques of the pros? Then come and evaluate your strengths and weaknesses through instructor and peer review of your own original poetry. Learn how to present your poetry through spoken word performance or improve on what you have done in the past. Beginners and experienced poets welcome. Class ends with public poetry performance. All levels welcome. Bring samples of your work if you have any and a folder for storing materials. \$10 materials fee due at first class. Info: Karen Bradley Ehler, 410-313-4635 or kehl@howardcountymd.gov.

18 yrs + Classes: 8 Hammond HS

RP3418.301 Apr 18 7-9pm Tu \$85

Travel Writing for Publication with Tony Glaros

Have you taken a special vacation and returned with a firmament of locked away memories? Do you harbor a secret yen to liberate those images into compelling travel stories for newspapers, magazines or other publications? Learn the basics of writing about vacations, business trips and adventures. Include everything from safety tips and the hottest recreation and entertainment spots to cultural and historical landmarks of any destination. Gather all the hardware for your writer's toolbox and learn how to submit your articles for professional publication. Bring composition notebook, pens/pencils, photos or other mementos from recent vacations, trips, etc. Info: Karen Bradley Ehler, 410-313-4635 or kehl@howardcountymd.gov.

18 yrs + Classes: 8 Hammond HS

RP3416.301 Apr 19 7-9pm W \$85

Music & Theater Arts

Adult Summer Keyboarding

You're never too old to bring music into your life! Learn to play melody and accompaniment for familiar songs. Designed for beginners interested in fun basic keyboarding techniques, as well as an introduction to reading and writing music. No previous music experience necessary. \$30 materials fee per student due at first class. Info: Karen Bradley Ehler, 410-313-4635 or kehl@howardcountymd.gov.

18 yrs + Classes: 5 Olenka School of Music Columbia

RP3527.401 Jun 20 6:30-7:30pm Tu \$115

RP3527.402 Aug 1 6:30-7:30pm Tu \$115



Learn the art of hand drumming from professional percussionist Orlando Cotto.

Adult Vocal Harmony

Join your voice with others in song. Sing familiar songs, learn basic harmony and improve vocal technique... all while having fun, relieving stress and making new friends. No previous music experience necessary.

\$30 materials fee per student due upon registration.

Info: Karen Bradley Ehler, 410-313-4635 or kehl@howardcountymd.gov.

18 yrs + Classes: 5 Olenka School of Music Columbia

RP3528.401 Jun 22 6:30-7:30pm Th \$115

RP3528.402 Aug 3 6:30-7:30pm Th \$115

Art of Hand Drumming with Orlando Cotto

Both drumming beginners and serious enthusiasts are welcome! Led by professional percussionist Orlando Cotto, (re)learn the basics of drumming, develop your internal timing, and learn common folk rhythms from Cuba, Puerto Rico and West Africa. Learn techniques and skills such as drum tuning and sound development. You're encouraged to bring your own drums, though conga drums can be rented from the instructor for a one-time fee of \$45. Info: Karen Bradley Ehler, 410-313-4635 or kehl@howardcountymd.gov.

18 yrs + Classes: 4 Wilde Lake HS

RP3435.301 Apr 20 7-8pm Th \$80

NEW! Broadway Style Musical Theater Dance

Get ready to get fit, have fun, learn some new moves, and dance to the best Broadway has to offer. This class uses both traditional and all new musical theater numbers and routines to provide a fun, energetic, and fulfilling fitness workout. Use a variety of songs and easy-to-follow dance steps that both delight and challenge new and long-time fans of Broadway-style productions. Whether you have years of experience or are new to this dance style, this class combines many styles, such as tap, hip hop, jazz and others, works you out, and brings you up to date with the best in musical theater, all while providing a great time! Wear comfortable clothes and dance or tennis shoes. Bring a towel and water bottle. Info: Karen Bradley Ehler, 410-313-4635 or kehler@howardcountymd.gov.

18 yrs + Classes: 6 Ellicott Mills MS

RP3426.301 Apr 20 6:30-7:30pm Th \$75

Intro to the Ukulele with Thomas Davey

Ever wanted to play an instrument but was afraid it was too hard? It's never too late and the ukulele is one of easiest instruments to learn! Learn the basic techniques and some easy songs from Hawaiian tunes to folk and rock songs. It is also one of the most affordable instruments, so bring your own Ukulele to class and a 3-ring binder. Instruments on sale: www.musicarts.com. Info: Karen Bradley Ehler, 410-313-4635 or kehler@howardcountymd.gov.

18 yrs + Classes: 8 N Laurel Comm Ctr

RP0228.301 Apr 5 7-8:30pm W \$95

Musical Muses—

Community Show Choir

Do you like to sing but don't like classical music or religious hymns? Adults who don't have time for a full theatre production, but enjoy performing in a group, learn to sing and harmonize while having fun in a creative environment! Beginners and experienced singers welcome. Led by a professional choir director, learn entertaining secular music pieces including but not limited to Broadway show tunes, pop/rock hits, or old classics updated for a contemporary audience. No auditions are necessary. All rehearsals meet on Monday except one: Wednesday, May 31. (No rehearsal 5/29.) Season ends

with a public performance on Saturday, 6/3. Bring a 3-ring binder with pockets. \$10 materials fee due to instructor at first class. Sign up with a friend for more fun! Info: Karen Bradley Ehler, 410-313-4635 or kehler@howardcountymd.gov.

18 yrs + Classes: 9 Baldwin Hall

RP3424.301 Apr 17 7-8:30pm M,W,Sa \$45

Piano I

Learn to play the piano in this introductory class. Play a variety of musical styles to gain confidence and develop musical skills. Learn and practice on your own keyboard. (Must have access to a keyboard to practice on outside class. No class 5/27.) Info: Karen Bradley Ehler, 410-313-4635 or kehler@howardcountymd.gov.

18 yrs + Classes: 7 River Hill HS

RP0230.301 Apr 29 11am-noon Sa \$105

Rock Drum Class

Have you ever wanted to play the drums like your rock and roll heroes? From John Bonham to Dave Grohl, from beginner to advanced, we can help you achieve this dream. Come and rock out! Please call 410-988-2062 or visit www.therockshopmd.com for more information. Info: Karen Bradley Ehler, 410-313-4635 or kehler@howardcountymd.gov.

18 yrs + Classes: 5 The Rock Shop

RP3431.301 Apr 21 8-9pm F \$139

Rock Guitar and Bass Class

Have you ever wanted to play the guitar like your rock and roll heroes? You can accomplish this with the help of our classes and our instructors. We help anyone achieve this dream. Come and rock out. Info: 410-988-2062 or www.therockshopmd.com. Info: Karen Bradley Ehler, 410-313-4635 or kehler@howardcountymd.gov.

18 yrs + Classes: 5 The Rock Shop

RP3430.301 Apr 21 8-9pm F \$139

Rock Keyboard Class

Did you dream of playing the keyboard like your rock and roll heroes? From Keith Emerson to John Lord, you can do it with the help of our instructors. We help beginner to advanced players achieve this dream. Just sign up and rock out. Info: 410-988-2062 or www.therockshopmd.com. Info: Karen Bradley Ehler, 410-313-4635 or kehler@howardcountymd.gov.

18 yrs + Classes: 5 The Rock Shop

RP3432.301 Apr 21 8-9pm F \$139



Signing up for a group class is a great way to make sure you are exercising regularly.

Fitness

Cardio & Strength

AM Fitness Workout

with Vickie Jacobs, AFAA, AAI

Warm up with fun and easy moves, then move to the Precor cardio and strength training equipment for 40 minutes. Finish your workout with a great stretch to improve overall flexibility and balance. This is perfect for all fitness levels! Fitness waiver must be completed prior to exercising. Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Classes: 16 Roger Carter Comm Ctr
 RP8669.301 Apr 18 8-9am Tu,Th \$88

Barre Burn with Becca Sigmund

Ballet movements combine with floor work and fitness exercises for a full workout. Sculpt and tone your body while gaining a dancer's sense of alignment and physical control. Finish with a cool down and stretch. Bring 4-to-5-lb. weights. Mats provided, but you're encouraged to bring your own. Registration: 410-313-7275. Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Classes: 5 Kinetics Dance Theatre
 RP8282.301 Apr 19 8-9pm W \$50

18 yrs + Classes: 6 Kinetics Dance Theatre
 RP8282.401 Jul 5 8-9pm W \$60

Barre None with Jordan Miller, SCW

Enjoy a cutting-edge, safe and progressive method of barre training that lengthens and strengthens your muscles and improves your flexibility and posture. This fun class gives you great results! Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Classes: 8 Gary J Arthur Comm Ctr
 RP8130.301 Apr 18 6-6:55pm Tu \$53
 RP8130.401 Jun 20 6-6:55pm Tu \$53

Body Conditioning

with Cyndi Kummerlowe, AFAA

Stretch, strengthen and tone your body!

This combination class includes 25 minutes of a low-impact cardio workout followed by beneficial strength training. Bring a mat and 2-to-5-lb. hand weights. Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Classes: 16 Rockburn ES
 RP8220.301 Apr 18 7:05-8pm Tu,Th \$56

Bosu Clinic

Have you ever seen a BOSU lying around and wondered what in the world people do with it? Come learn how this versatile piece of equipment can help increase balance, flexibility, and overall strength. Registration/Info: 410-313-2764.

18 yrs + Classes: 1 Roger Carter Comm Ctr
 RP4091.402 Apr 22 8:30-9:30am Sa \$4



Step up and challenge yourself at Step & Sculpt class.

"Build Your Engine" Strength Training

Build the engine (muscles) that burns the fuel (the food you eat)! In our 30s, our metabolism slows down... but we can speed it up with strength training. Change your body composition, help stabilize your joints, feel stronger and healthier, and look great. Challenge and strengthen every muscle group in your body to achieve balance, energy, confidence, and an increased metabolism. Bring a mat and hand weights. (No class 5/29.) Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Classes: 14 Thunder Hill ES
RP8506.301 Apr 19 7-8pm M,W \$63

Cardio Blast Interval with Beth Harbinson, AFAA, NETA

This highly effective class includes a 25-minute cardiovascular workout with intense intervals to boost metabolism and 35 minutes of muscle conditioning, core work and stretching. All levels enjoy an intense, energetic workout! Bring hand weights (5 lbs recommended) and a mat. (No class 4/10, 4/12, 4/17, 5/29, 7/17, 7/19.) Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Classes: 18 Veterans ES
RP8422.301 Mar 20 7-8pm M,W \$64
18 yrs + Classes: 15 Meadowbrook Ath Comp
RP8422.401 Jun 26 7-7:45pm M,W \$52

Cardio Crunch Challenge with Lori Nowicki, ACE

This class has it all! With each new rotation of classes, experience something new to challenge every muscle. Classes rotate between aerobics, step, circuit, boot camp, kickboxing, athletic training, cardio stability ball, Tabata and intervals. Each class consists of 45 minutes of cardio mixed with strength, core, flexibility and balance. Experience a high-energy class at high or low impact, take the challenge and have fun. Bring a mat, hand weights and stability ball. Some classes are outdoors. (No class 5/29.) Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Cedar Lane Pk-West 9:15-10:30am
RP8481.301 Apr 19 M or W \$35 Classes: 7
RP8481.302 Apr 19 M,W \$70 Classes: 14
RP8481.401 Jun 12 M or W \$40 Classes: 8
RP8481.402 Jun 12 M,W \$80 Classes: 16

Cardio Dance with Sandra Duerr, AFAA, NASM

A fun choreographed dance class that goes from warm-up steps to heart pounding dances, giving you an aerobic workout that helps to sculpt your body and makes you feel good about yourself. No sit ups or repetitions. We dance the inches away! We sweat, we laugh and we burn lots of Calories. Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Classes: 8 Roger Carter Comm Ctr
RP8225.301 Apr 19 11:30am-12:20pm W or F \$56
18 yrs + Classes: 16 Roger Carter Comm Ctr
RP8225.302 Apr 19 11:30am-12:20pm W,F \$112

Cardio Fusion with Marianne Larkin, AAAI

Your favorite cardio and toning formats are combined in one challenging, power-packed workout. The easy-to-follow moves are demonstrated at various intensity levels so you can customize the workout to fit your needs. Pump up your workouts and burn fat with a mix of everything from step, high/low and interval training to strength, core, balance and flexibility exercises inspired by yoga and Pilates. (No class 5/29.) Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Gary J Arthur Comm Ctr 9:35-10:50am
RP8482.301 Apr 19 M or W \$48 Classes: 8
RP8482.302 Apr 19 M,W \$96 Classes: 16
RP8482.401 Jul 10 M,W \$72 Classes: 12

Cardio Kickboxing with Robin Robinson

Exercise has never been so much fun! Cardio Kickboxing is a calorie-burning, dance-party exercise routine that combines kickboxing, aerobics and dance with great music. Get in shape and have fun doing it!

(No class 4/13, 4/15.) Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + N Laurel Comm Ctr Classes: 9 \$72

RP8551.301 Apr 6 6:30-7:30pm Th

RP8551.302 Apr 8 8:15-9:15am Sa

8 yrs + N Laurel Comm Ctr Classes: 18 \$144

RP8551.311 Apr 6 6:30-7:30pm, Th & 8:15-9:15am, Sa

18 yrs + N Laurel Comm Ctr Classes: 7 \$56

RP8551.401 Jul 6 6:30-7:30pm Th

RP8551.402 Jul 8 8:15-9:15am Sa

18 yrs + N Laurel Comm Ctr Classes: 14 \$112

RP8551.411 Jul 6 6:30-7:30pm, Th & 8:15-9:15am, Sa

Circuit Weight Training with Lisa Noorani, AFAA

This super-fun workout trains your multiple muscle groups using Precor equipment. In just one hour, get a thorough, total-body workout, including fat-burning cardio intervals. Each class includes targeted, no-nonsense exercises on the floor. Totally customizable, this workout is an effective way to keep challenging yourself as you gain strength. Guaranteed to be a super-motivational experience! (No class 7/3, 7/5.)

Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Classes: 16 Roger Carter Comm Ctr

RP8660.301 Apr 3 9:15-10:15am M,W \$88

RP8660.401 Jun 5 9:15-10:15am M,W \$88

Country Heat Live with Nikki Holden

It's the jump-right-in-and-do-it dance workout. This class is so much fun you'll barely notice you're working up a sweat and getting a total-body workout. Trainer and professionally-trained dancer Autumn Calabrese collaborated with Beachbody® to create this country dance-inspired workout that combines her love of country music with simple moves that'll melt off the weight. Register: www.freedomfitness.info/events. Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Classes: 16 N Laurel Comm Ctr

RP8430.402 Jun 19 6:30-7:20pm M,W \$120

Fit Jam:

Cardio Party with Liz Rolland

Think all workouts are boring? Think again! Join this cardio party and dance the night away to the hottest hits from around the globe. Learn the basic steps from salsa, Cumbia, hip-hop and many more dance styles. Simple choreography is very easy to learn, no experience necessary! Bring a friend and have a blast while burning tons of calories! Get ready to be gorgeous! Bring a towel and water bottle. (No class 5/29.) Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Classes: 8 Gary J Arthur Comm Ctr

RP8350.301 Apr 17 5:45-6:45pm M \$80

RP8350.302 Apr 20 5:45-6:45pm Th \$80

18 yrs + Classes: 6 Gary J Arthur Comm Ctr

RP8350.401 Jun 19 5:45-6:45pm M \$60

RP8350.402 Jun 22 5:45-6:45pm Th \$60

Fit Jam: Fire and Spice! with Liz Rolland

Think workouts are boring? Think again! Spice up your workout with this unique blend of Pilates mat work, cardio dance fitness and yoga stretches set to the hottest music from around the globe. Incinerate mega calories while toning and tightening all those problem zones. Learn the basic moves first, and then challenge your workout with light weights, stability balls and bands (provided). Bring a thick yoga mat and a water bottle. This workout is hot stuff!

Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Classes: 8 Gary J Arthur Comm Ctr

RP8351.301 Apr 21 9:30-10:45am F \$96

18 yrs + Classes: 6 Gary J Arthur Comm Ctr

RP8351.401 Jun 23 9:30-10:45am F \$72



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To register, visit
www.howardcountymd.gov/rap
or call 410-313-7275.



Come learn what those kettlebells are used for on Saturdays.

Foam Roll & Stretch with Liz Rolland

Who doesn't love a great massage? Learn to give yourself a healing, therapeutic massage using a foam roller. This tool offers a safe and effective method for massaging both muscles and fascia--the connective tissue that surrounds muscles. Foam rolling helps release tight muscles and knots, relieve tension, increase blood flow to speed healing, and soothe aches and pains. Perfect for active people looking to reduce their risk of injury and chronic stress. Each class includes foam rolling techniques and gentle stretches. Foam rollers provided. Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Classes: 8 Gary J Arthur Comm Ctr

RP8351.311 Apr 21 11-11:45am F \$72

18 yrs + Classes: 6 Gary J Arthur Comm Ctr

RP8351.411 Jun 23 11-11:45am F \$54

Fun & Friendly Bootcamp

By Liz Rolland

Are you scared to try a bootcamp class? Hate drill sergeants shouting at you? Then this class is for you! Learn the bootcamp basics, from pushups to planks to burpees, all in the comfort of an indoor studio. The 45-minute workout includes a complete and careful warm-up, a wide variety of aerobics and strength training, specific skill drills, safe stretching, and abdominal exercises to flatten the tummy. Wear comfortable cross-training shoes. Bring a water bottle and a towel. Beginners welcome! (No class 7/4.) Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Classes: 8 Roger Carter Comm Ctr

RP8384.311 Apr 18 10:30-11:15am Tu \$72

18 yrs + Classes: 5 Roger Carter Comm Ctr

RP8384.411 Jun 20 10:30-11:15am Tu \$45

HIIT Training

High intensity interval training is great way to see increased results in a shorter amount of time. Learn the theory and methodologies of utilizing high intensity interval training to push your workout to the next level and burn more fat without losing muscle. Registration/Info: 410-313-2764.

18 yrs + Classes: 1 Roger Carter Comm Ctr

RP4091.403 Jun 10 8:30-9:30am Sa \$4

Kettlebell Basics

Kettlebells are some of the most powerful tools for improving your fitness and physique. They combine strength training, mobility and cardiovascular. As a result, you spend less time working out and get extraordinary results! Come try this introductory class in kettlebells and learn all you need to get started. Registration/Info: 410-313-2764.

18 yrs + Classes: 1 Roger Carter Comm Ctr

RP4091.401 May 20 8:30-9:30am Sa \$4

La Canne (French Cane Fighting) with Steve Savoie

Get a great workout while learning the unique French sport of *Canne De Combat* (French stick fighting). Focus on basic strikes, blocks, lunges and evasions while increasing flexibility, coordination and strength. Once you try it, you'll love it! No experience required. Practice canes provided. Shin guards recommended. Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

14 yrs + Classes: 8 Cedar Lane Pk-West

RP8505.301 Apr 20 8:15-9:15pm Th \$46

RP8505.401 Jun 22 8:15-9:15pm Th \$46

Piloxing with Jordan Miller, SCW, AFAA

Enjoy a non-stop, cardio fusion of Pilates, boxing, and dance that pushes you past your limits for a sleek and powerful you! This class blends the power, speed and agility of boxing with the flexibility and sculpting of Pilates to give you a muscle-toning, fat-burning, exhilarating workout that makes you feel physically and mentally empowered! FREE class on January 10; register at www.freedomfitness.info/events. Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Classes: 8 Gary J Arthur Comm Ctr

RP8135.301 Apr 18 7-8pm Tu \$52

RP8135.401 Jun 20 7-8pm Tu \$52



Switch-up your workout by taking a new class.

Step & Sculpt and Step & Sculpt Plus! with Marianne Larkin, AAA

Enjoy an invigorating, fun, medium-to-high-intensity class that has it all. Pump up your cardiovascular fitness and challenge your brain with the latest turbo charged step moves combined with strength, core and balance exercises for a total body workout. Moves are demonstrated at various intensity levels so you can customize the workout to fit your needs. Steps are provided. Bring a mat and hand weights. Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Step & Sculpt Plus (Advanced Class)

Gary J Arthur Comm Ctr 8:30-9:45am Sa

RP8300.301 Apr 22 \$60 Classes: 10

RP8300.401 Jul 15 \$36 Classes: 6

18 yrs + Step & Sculpt Mt. View MS 7-8pm

RP8300.311 Apr 18 Tu or Th \$44 Classes: 9

RP8300.312 Apr 18 Tu,Th \$84 Classes: 18

18 yrs + Step & Sculpt Gary J Arthur Comm Ctr 7-8pm

RP8300.411 Jul 11 Tu or Th \$30 Classes: 6

RP8300.412 Jul 11 Tu,Th \$59 Classes: 12

STRONG

Introducing music-led interval training: STRONG by Zumba. This class combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster. (No class 7/3.)

Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Classes: 8 N Laurel Comm Ctr

RP8430.404 Jun 5 7:30-8:30pm M \$80

Tabata Boot Camp

with Lori Nowicki, ACE

Get great results in a short time! This boot camp is based on the most effective high-intensity interval training (20 seconds on, 10 seconds' rest). This program includes three types of Tabata for maximum results.

Burn 5x more calories after exercise. Our motto is more is not better, better is better! Workouts can be modified. (No class 5/19.) Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Classes: 7 Roger Carter Comm Ctr

RP8485.301 Apr 21 9:15-9:55am F \$35

18 yrs + Classes: 8 Roger Carter Comm Ctr

RP8485.401 Jun 16 9:15-9:55am F \$40

Trim & Tighten

Enjoy a total body workout that moves to the beat of the music. Burn calories as you flow through a variety of exercises designed to sculpt and tone your body while improving your strength, balance and flexibility. Bring a mat and 2 to 5 lb weights. Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Instructor: Marianne Larkin 6-6:55pm Tu,Th

RP8210.301 Mt. View MS

Apr 18 \$63 Classes: 18

RP8210.401 Gary J Arthur Comm Ctr

Jul 11 \$42 Classes: 12

18 yrs + Instructor: TBD 6:30-7:25pm W

RP8210.302 Burleigh Manor MS

May 3 \$28 Classes: 7



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Take the “work” out of “workout” and make fitness fun with a Zumba class!

Aqua Zumba

Known as the ZUMBA pool party, this Aqua Zumba class gives new meaning to the idea of an invigorating workout! Splashing, stretching, twisting, laughing, hooting and hollering - experience it all at Aqua Zumba class. Blend together the Zumba formula and philosophy with traditional aqua fitness in a safe, challenging water-based workout that's cardio conditioning, body-tightening, and most of all, exhilarating! Free trial class on Thursday, May 11, register at www.freedomfitness.info/events. Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Instructor: Michelle Taylor

Roger Carter Comm Ctr Classes: 8

RP8612.301	Apr 11	9:45-10:30am	Tu,Th	\$80
RP8612.311	May 16	9:45-10:30am	Tu,Th	\$80
RP8612.401	Jun 20	9:45-10:30am	Tu,Th	\$80
RP8612.411	Aug 1	9:45-10:30am	Tu,Th	\$80

18 yrs + Instructor: Tish Heyssel

Roger Carter Comm Ctr Classes: 8

RP8612.302	Apr 11	6:30-7:15pm	Tu,Th	\$80
RP8612.312	May 16	6:30-7:15pm	Tu,Th	\$80
RP8612.402	Jun 20	6:30-7:15pm	Tu,Th	\$80
RP8612.412	Aug 1	6:30-7:15pm	Tu,Th	\$80

Zumba

Zumba takes the “work” out of “workout” by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and world rhythms take over, you'll see why Zumba® Fitness is exercise in disguise. Super effective? Check. Super fun? Check. Zumba is a total workout, combining all elements of fitness: cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. (No class 5/29, 7/3, 7/5.) Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Instructor: Stephanie Scott

Roger Carter Comm Ctr

RP8330.301	Apr 10	5:30-6:30pm	M	\$58	Classes: 8
RP8330.302	Apr 12	5:30-6:30pm	W	\$65	Classes: 9
RP8330.401	Jun 26	5:30-6:30pm	M	\$50	Classes: 8
RP8330.402	Jun 28	5:30-6:30pm	W	\$50	Classes: 8

18 yrs + Instructor: Brandi Harrington Classes: 8

Misako Ballet Studio

RP8360.301	Apr 17	7-8pm	M	\$96
RP8360.401	Jun 19	7-8pm	M	\$96

N Laurel Comm Ctr

RP8360.302	Apr 22	9:30-10:30am	Sa	\$96
RP8360.402	Jun 24	9:30-10:30am	Sa	\$96

18 yrs + Instructor: Cheryl Osbourne Classes: 16

Mt. View MS

RP8430.303	Apr 17	6:30-7:20pm	M,W	\$120
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Health & Relaxation

Hatha Yoga for Flexibility & Relaxation

Create a calm, peaceful awareness of both body and mind through the ancient art of yoga. Classic yoga postures and breathing techniques are practiced in a flowing style that integrates movement and breath. Come prepared to lengthen, strengthen and relax. Beginning and ongoing students are welcome. Yoga mats/blocks provided. Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Kinetics Dance Theatre \$50 Classes:5

RP8240.301 Apr 20 9:45-10:45am Th

RP8240.302 Apr 21 7:15-8:15pm F

18 yrs + Kinetics Dance Theatre \$60 Classes:6

RP8240.410 Jul 7 6:45-7:45pm F

Introduction to Pilates with Christine Williams

Connect your mind, body and spirit as you practice this systematic exercise program. This series of flowing movements and breathing patterns lengthen and strengthen your muscles with a primary focus on the powerhouse/abdominals. All levels of practitioners are welcome. Please bring a mat. Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Classes: 8 Misako Ballet Studio

RP8155.301 Apr 22 8:30-9:30am Sa \$99

Muscle Pump Group Strength with Lisa Noorani

Get ready for a total body work-out with no cardio! This is Freedom Fitness's signature overall body-pumping workout; strengthening and defining every major muscle group. No choreography to learn, so it's ideal for all. Not a cardio class, but be prepared to work up a strong sweat and to be fit and fabulous! Please bring a non-slip yoga mat. (No class 7/3, 7/5.) Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Classes: 16 Roger Carter Comm Ctr

RP8435.301 Apr 3 10:30-11:20am M,W \$118

RP8435.401 Jun 5 10:30-11:20am M,W \$118



Learn the importance of breathing and relax at a yoga class.

Pilates Plus with Liz Rolland

This matwork class strengthens and tones all major muscle groups, focusing specifically on abdominals, back, hips, and thighs. Light weights are added in order to intensify your workout once the basic exercises have been learned. Enjoy gentle yoga stretches and a full-body relaxation that leaves you refreshed and ready to face the day! Bring a yoga or Pilates mat and a thick beach towel. (No class 7/4.) Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Classes: 8 Roger Carter Comm Ctr

RP8384.301 Apr 18 9:15-10:15am Tu \$96

18 yrs + Classes: 5 Roger Carter Comm Ctr

RP8384.401 Jun 20 9:15-10:15am Tu \$60

Pilates with Dianna Fornaro

This whole-body program emphasizes core strengthening for abdominal and lower back muscles. Work everything from your neck to your knees to your entire core. Tone and lengthen your muscles, increase your strength, improve your posture and flexibility, and have fun doing it! Bring a mat. (No class 5/29, 7/3, 7/5.) Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Classes: 16 Cedar Lane Pk-West

RP8420.301 Apr 10 7:15-8:15pm M,W \$80

RP8420.401 Jun 12 7:15-8:15pm M,W \$80



Pilates and Yoga help you strengthen your core while providing the feeling of peace and calm.

Power Yoga Intermediate with Kris Copeman

This class is an energizing, athletic way of practicing yoga postures that emphasize strength, flexibility and stamina while creating the calm awareness to the mind and body. If you want a fitness-based class designed to build upper-body and core strength while increasing flexibility and reducing stress, this Ashtanga-based yoga is for you! This is an intermediate class; prior yoga experience is required. Yoga mats/blocks provided. Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Classes: 5 Kinetics Dance Theatre
RP8241.301 Apr 20 11am-noon Th \$50

Qigong with Chris Judge

Qigong is a moving meditation practice that brings balance to the body and mind by connecting thoughtful movement with deep breathing. Learn a series of gently flowing movements that strengthen muscles and tendons, stabilize joints and quiet the mind. All levels of practitioner are welcome. Please wear comfortable clothing, no mat required. Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Classes: 8 Misako Ballet Studio
RP8155.321 Apr 19 7-8pm W \$99
18 yrs + Classes: 10 Misako Ballet Studio
RP8155.421 Jun 21 7-8pm W \$124

Revive, Relax & Renew with Yoga
Even if you can't twist into a pretzel, you can enjoy yoga. Classes are an active, physical workout and a relaxing, meditative work-in. This class is for beginners or those with some yoga experience. Explore and expand your own strength, flexibility, balance, and focus. You leave each class feeling better than when you walked in. Bring a mat/blanket. (No class 5/29, 7/3.) Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Classes: 8 Gary J Arthur Comm Ctr
RP8252.301 Apr 10 7-8pm M \$76
18 yrs + Classes: 9 Gary J Arthur Comm Ctr
RP8252.302 Apr 12 5:45-6:45pm W \$85
18 yrs + Classes: 6 Gary J Arthur Comm Ctr
RP8252.401 Jun 12 7-8pm M \$57
RP8252.402 Jun 14 5:45-6:45pm W \$57

Scoop Pilates with Lori Nowicki, AAAI, AFPA

Pilates is the ultimate mind-body exercise program. This class, designed for the experienced Pilates exerciser, can be modified for the beginner. Exercises incorporate multiple repetitions, mixed tempos, added equipment and reformer-like movements. Strengthen your legs, arms and core, increase your flexibility, and reduce stress! Focus is on core, balance, breathing, and alignment. Bring your own mat and ball. (No class 7/4.) Registration: 410-313-7275. Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Classes: 16 Cedar Lane Pk-West
RP8154.301 Apr 18 9:15-10am Tu,Th \$112
18 yrs + Classes: 15 Cedar Lane Pk-West
RP8154.401 Jun 13 9:15-10am Tu,Th \$105

Sunday Afternoon Yoga with Mary Garratt

Ease your way from the weekend to the work week with yoga. Come refresh your body and calm your mind. Whether you're new to yoga or have experience, enjoy the benefits of an energizing, physical workout and a soothing, meditative work-in. Explore and expand your strength, flexibility, balance and focus. Leave each class relaxed and ready to take on the week! (No class 4/16, 7/2.) Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Classes: 4 Gary J Arthur Comm Ctr
RP8252.312 Apr 9 2-3pm Su \$38
18 yrs + Classes: 6 Gary J Arthur Comm Ctr
RP8252.412 Jun 11 2-3pm Su \$57

Teen Yoga with Rachel Wolfe

This class follows Vinyasa yoga, a smoothly flowing style that synchronizes breath with each movement. This is an energizing class for the beginner or intermediate that strengthens and stretches muscles with sun salutations, standing poses, balancing poses, reclining and seated poses. The integration of breath relaxes the mind while providing maximum energy to the body. Yoga mats/ blocks provided but please bring your own mat if you have one. Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

13-17 yrs Classes: 5 Kinetics Dance Theatre
RP8245.301 Apr 21 4:30-5:30pm F \$50

13-17 yrs Classes: 6 Kinetics Dance Theatre
RP8245.401 Jul 7 4:30-5:30pm F \$60

Therapeutic Massage

Skilled gentle massage therapy can help you feel better physically, by easing pain and allowing the body to relax. Experience the benefits of Therapeutic Massage and Reflexology offered by Carol Lancaster, Licensed Massage Therapist. Info/schedule appointment: 410-313-4840.

18 yrs + / ½ hr - \$35, 1 hr - \$60, 1 ½ hr - \$85, Reflexology - \$45
Gary J. Arthur Comm Ctr 10 AM-9 PM Tu

Yoga for a Stressful World with Liz Rolland

Step out of the busy chaos of life and learn to slow down and breathe. Practice tuning out the noise of the world while tuning in to peace and joy. Relieve stress and tension with simple, safe yoga postures and sequences, gentle stretches, deep breathing techniques, and guided relaxation, including yoga nidra. No prior yoga experience necessary. Please bring a yoga mat and a thick beach towel to each class. (No class 5/29.) Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Classes: 8 Roger Carter Comm Ctr
RP8284.301 Apr 17 9:15-10:15am M \$96

18 yrs + Classes: 6 Roger Carter Comm Ctr
RP8284.401 Jun 19 9:15-10:15am M \$72



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Personal Training allows you to customize a workout to fit your unique needs and abilities.

Yogalates with EC Goode

This class merges two disciplines, yoga, and Pilates. A fusion of the ancient discipline of yoga with the modern Pilates techniques, the exercises mix both disciplines to develop core strength, tone muscles, increase flexibility and reduce stress. Beginning and ongoing students are welcome. Yoga mats/ blocks are provided, but please bring your own mat if you have one. Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Classes: 5 Kinetics Dance Theatre
RP8244.301 Apr 18 8:30-9:30pm Tu \$50
18 yrs + Classes: 6 Kinetics Dance Theatre
RP8244.401 Jul 11 8:30-9:30pm Tu \$60

Personal Training

Personal Training

Each session is customized to fit your individual needs and abilities. Private training sessions are one participant to one trainer; semi-private sessions are up to three participants to one trainer. Sessions are non-transferrable. Registration for sessions is first-come, first-served; walk-in and phone registrations only. All sessions must be scheduled at the time of registration. Info: 410-313-4840, or Sara Schwab, 410-313-4842 or sschwab@howardcountymd.gov.

<u>13 yrs +</u>	<u>Gary J Arthur Comm Ctr</u>	<u>Ongoing</u>	
1 session	(30 minutes, private)		\$45
1 session	(60 minutes, private)		\$75
4 sessions	(30 minutes, private)		\$160
8 sessions	(30 minutes, private)		\$299
4 sessions	(30 minutes, semi-private, group of 3)		\$240
8 sessions	(30 minutes, semi-private, group of 3)		\$459



*You are never too old to learn martial arts!
We have wonderful classes for all levels.*

Martial Arts

Shotokan Karate with Steve Morris

Learn a repertoire of techniques and the optimal safe positions for self-defense based upon the movement of your opponent(s), all in the context of traditional Shotokan karate. Learn and master blocks, punches, kicks, throws, submissions and take-downs. Special attention is given to low-impact physical conditioning and personal safety. Sensei Steve is a master in Shotokan karate and has taught karate and self-defense in Howard County for 30 years. Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

13 yrs +	Classes: 8	Roger Carter Comm Ctr		
RP8791.301	Apr 20	7-8pm	Th	\$98
RP8791.302	Apr 20	8:05-9:05pm	Th	\$98
RP8791.303	Apr 20	7-8pm	Th	\$98
RP8791.304	Apr 20	8:05-9:05pm	Th	\$98
RP8791.401	Jun 22	7-8pm	Th	\$98

Aikido with Ki by Russ Dauber

Martial Art and Ki training, taught by Japan's Shin Shin Toitsu Aikikai, promotes dynamic movement with unified mind and body. The Ki part is low-impact. The Aikido part involves practice with partners and rolling on mats. Effective self-defense techniques flow with and lead attackers' movements. We develop the benefits of keeping one point and extending ki. We emphasize safety, knowledge and enjoyment. (No class 7/4.) Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

18 yrs +	Classes: 16	Waverly ES		
RP8880.301	Apr 18	7-9pm	Tu,Th	\$46
18 yrs +	Classes: 16	Cedar Lane Pk-West		
RP8880.401	Jun 20	7-9pm	Tu,Th	\$46

Tai Chi

Tai Chi offers a variety of health benefits, including joint stability, balance and coordination. It improves mental focus, increases energy and releases stress. Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

18 yrs +	Apr 19	W	Classes: 8	\$62	Dunloggin MS
RP8850.301	Beg w/ Tim Kwei				7-8pm
RP8850.302	Adv w/ Tim Kwei				8:05-9:05pm
18 yrs +	Apr 20	Th	Classes: 8	\$62	Murray Hill MS
RP8850.303	Beg w/ Scott Vandame				7-8pm
RP8850.304	Adv w/ Scott Vandame				8:05-9:05pm

TKA Karate

Develop your physical condition as you learn karate and jujitsu in a relaxed environment. Black-belt instructors emphasize safety. One week is spent taking or viewing the test or participating in a refresher class. Wear comfortable clothing or gi. (No class 5/29, 7/4.) Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

13 yrs +	Classes: 6	Apr 24	M	\$41
RP8731.301	Gary J Arthur Comm Ctr			7:30-9pm
RP8731.302	Oakland Mills MS			8-9:30pm
13 yrs +	Classes: 8	Apr 18	Tu	\$55
RP8731.303	Worthington ES			8-9:30pm
RP8731.305	Long Fellow ES			8-9:30pm
13 yrs +	Classes: 8	Apr 19	W	\$55
RP8731.306	Fulton ES			8-9:30pm
RP8731.307	Northfield ES			8-9:30pm
RP8731.308	Rockburn ES			8-9:30pm
13 yrs +	Classes: 8	Apr 20	Th	\$55
RP8731.309	Gorman Crossing ES			8-9:30pm
RP8731.310	Manor Woods ES			8-9:30pm
RP8731.311	Pointers Run ES			8-9:30pm
13 yrs +	Classes: 8	\$55	Schooley Mill Pk	
RP8731.401	Jun 19	8-9:30pm	M	
13 yrs +	Classes: 8	\$55	Cedar Lane Pk-West	
RP8731.402	Jun 20	8:30-10pm	Tu	
13 yrs +	Classes: 8	\$55	Meadowbrook Ath Comp	
RP8731.403	Jun 21	8-9:30pm	W	
13 yrs +	Classes: 8	\$55	Gary J Arthur Comm Ctr	
RP8731.404	Jun 22	8-9:30pm	Th	

Pickleball

Pickleball for All

For more information on adult and youth programs, please visit our Pickleball website at, www.howardcountymd.gov/pickleball.



G050+

Our G050+ membership packages are designed to enhance the quality of life for the 50+ adult population that lives, works and plays in Howard County.

Live longer, healthier lives... join today!

50+ CENTERS

Membership includes access to Gary J. Arthur and N. Laurel Community Centers and all Howard County 50+ Centers.

- **Game Room Areas**
- **Gymnasiums**
- **Walking Tracks**
- **Wellness Programs**

FREE

G050+ FITNESS

Membership includes access to Gary J. Arthur, N. Laurel and Roger Carter Community Centers and all Howard County 50+ Centers.

- **All 50+ Center Benefits**
- **Fitness Rooms**
- **Dance/Aerobics Studio***

Resident: \$75 per year
Nonresident: \$100 per year

G050+ POOL

Membership includes access to Gary J. Arthur, N. Laurel and Roger Carter Community Centers and all Howard County 50+ Centers.

- **All 50+ Fitness Benefits**
- **Pool Access During Open Swim Hours**

Resident: \$175 per year
Nonresident: \$225 per year

* Dance/Aerobics Studio not available at Ellicott City 50+ Center.



Howard County

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2017 Spring/Summer Adult Classes & Activities

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